

Aerospace physiology teaches pilots to survive, pages 12, 13

Border Eagle

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A-76 process outlined

Compiled from staff reports

In a recent wing climate survey, 77 percent of people polled on base indicated they were not properly informed on the A-76 process.

The A-76 process evaluates whether government functions can be performed more efficiently by the private sector vs. the current military and civilian workforce.

The primary goals of A-76 are to save money and, more importantly, place people into positions where the Air Force needs them most in order to accomplish the mission.

Money saved through the A-76 process can then be reinvested into modernization or quality-of-life programs, which benefits all Air Force members. Also, freeing up military manpower from non-wartime requirements and migrating them to other, critical functions directly supports the Air Force's combat mission.

See **A-76**, page 4



Photo by Airman 1st Class Yvonne Clark

A time for giving...

Kristy Smith, Enlisted Spouses Club vice president, hangs an angel on an angel tree in the base library. Base members can take an angel from the tree and buy a present for the child listed on it. The children's names were provided from several charity organizations in the local area. Trees are located at the library and the base exchange. There will also be a tree located at the base chapel soon.

Former Falcon takes role as academy liaison

By Tech Sgt. Chance Babin
Public affairs

There's a new Air Force Academy liaison in town, and her name is 1st Lt. Paula Schoch, a class of 2000 graduate from the Academy.

"In this position, I assist in the recruiting and application process for high school students interested in applying to the Air Force Academy," Lieutenant Schoch said.

Lieutenant Schoch, 47th Mission Support Group executive officer, volunteered to take on the role of liaison

as an additional duty. Her first duty in the Air Force was in a similar position in the Gold Bar program as a regional director of admissions in Louisville, Ky.

"I worked with about 200 high schools in that region for both the Air Force Academy and ROTC," Lieutenant Schoch said. "So I have experience with a similar program. The difference is that here I am liaison officer for just the Del Rio community."

Although neither of these positions is within her career field, they are still important because "we always

need good people in the Air Force," she said.

As the newly appointed Academy Liaison Officer or ALO, Lieutenant Schoch can take her recent accounts of the Academy to students.

"I'm a class of 2000 Academy graduate," she said. "If you're going to talk to kids, I think it's important to be closer to their age."

The first action she plans is to talk to school counselors before the end of the year to make sure there aren't any

See **Liaison**, page 4

Newslines

Laughlin mourns death

The 47th Flying Training Wing extends its deepest sympathy to the family and friends of Staff Sgt. Derek Smith, 47th Aeromedical-Dental Squadron immunizations technician.

There will be a memorial service at 10 a.m. Dec. 10 at the base chapel.

Cookie caper needs cookies

The Command Officers Spouses Group is seeking cookie donations for its annual cookie caper. People can drop off cookies Dec. 3 or 4 in the coolers at the end of the drives of 9019 or 9020 Arnold Boulevard or at the chapel's Fellowship Hall on the morning of Dec. 5 at 7 a.m. Anyone interested in bagging and delivering cookies can meet at Fellowship Hall at 8 a.m. Dec. 5.

Legal office closes

The Laughlin legal office will be closed from 1 to 4:30 p.m. Wednesday for an official function.

Anyone with an emergency during this time can call the command post at 298-5167.

Tiger Team update planned

Look in the Dec. 19 edition of the Border Eagle for the next Education Tiger Team update.

Deployment stats

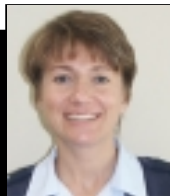
Deployed	Returning 30 days	Deploying 30 days
51	7	1

Mission status

(As of Nov. 21)

Airframe	Days behind or ahead	Mission Capable Rate
T-37	-3.78	89.2%
T-1	2.86	81.5%
T-38	-1.27	79.7%
T-6	-2.75	89.4%

Force development: What does it mean to you?



Commander's Corner

By Lt. Col. Jennifer Graham
47th Mission Support Squadron commander

When I look back to being a lieutenant and remember what the senior personnel officer's job was at base level, I remember saying, "I would like to have that job someday."

Today, I have the 2003 version of that job, and it is significantly different than the one I thought I wanted. Don't get me wrong, I'm not complaining. I love my job and feel privileged and fortunate to have it. But we can't ignore the fact that our world, our national security interests, and our Air Force have changed.

In 1986 the senior base personnelist was a 26-year colonel who worked for the wing commander and was called the Director of Personnel. He (I can't remember any female colonels 17 years ago) wasn't a commander. He ran a 250-person organization consisting of primarily military employees. The military and civil service personnel systems were very separate. There were no contractors. There were no mobility requirements. All personnel actions were done by a clerk with carbon paper and a typewriter sitting face to face with the customer.

Today, I'm the senior personnelist on the base. I'm a lieutenant colonel and squadron commander with command responsibilities for not only my unit, but wing staff agencies,

services, logistics and PMEL. We perform personnel functions with 52 people. Military, civil servants and contractors are intermixed. Every military employee also has a mobility mission. Our customers are encouraged to use Web-based programs for self-service. The personnel career field now encompasses military equal opportunity, education and training, family support and, soon, manpower.

I think in this short synopsis you can see the job of the senior personnelist has changed significantly, and the knowledge, skills and abilities needed to excel in the 2003 job are far different than they were in 1986. I would challenge you to ask any Lt. Col. and above, chief master sergeant or senior civilian serving today, regardless of the career area, to perform the same analysis, and I'm confident you will find a similar story.

So the question is, has our development process – the combination of education, training and experiences – kept pace with the change? Largely, the answer is no. Hence the launch of the Air Force chief of staff's new vision called Force Development.

Recently, a team presented the Force Development "spread the word" briefing at Laughlin. Many of you attended, and many of you have questions. I would like to try and help clarify the construct.

At its core, Force Development is a philosophy and a commitment, sort of a guidepost, that will help the AF remain vigilant in carrying out its No. 1 core competency ... Developing Airmen. The philosophy acknowledges that our airmen are our most important resource. We need to spend time, energy and deliberate focus in combining a

series of training, education and experiences for all airmen that will result in the skill sets needed to meet our evolving and ever-changing mission requirements. We need to anticipate the competencies our airmen are going to need in the future and lead-turn their development.

For example, does anyone believe the role of the senior base personnelist will be the same in 2010 as it is in 2003? Absolutely not. Therefore, it would be irresponsible to grow up our young lieutenants in our own image. Our Lts should not be looking to aspire to fill a particular job; we should be mentoring them to aspire to meet AF needs ... whatever they might be. Simply put, we need to deliberately develop airmen (officer, enlisted and civilian) to increase their utility to serve ... today and into the future.

So, how do we go about increasing utility? First, we must understand the requirement. We must connect human capital competencies to current and future mission requirements. This sounds simple, and it was relatively so during the Cold War when our missions were largely static. However, globalization, the "peace dividend," the Air Expeditionary Force, 9-11, the war on terrorism, and homeland security have all placed new requirements on our human capital.

Today, in many areas, we are playing catch-up. We are putting too many airmen in positions where they are expected to "learn on the job" or "figure it out" as they go along. The good news is, we have the best, most flexible, most ingenious people in the world serving in our AF and they are figuring it out. But, I think we would all agree ... We

See **Force**, page 3

Border Eagle

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Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: timothy.stein@laughlin.af.mil or yvonne.clark@laughlin.af.mil.

Force, from page 2

could do better.

For example, if we were to study technological trends, futurist modeling, and the Vision Force of 2020 we can begin to predict what the role of human resources might be at base level in 2010. The footprint will continue to become smaller, more responsibilities will be delegated to more junior grades, self-service will be the norm, and the family of skills associated with the range of personnel services will be provided by five to 10 broadly skilled consultants – who may or may not be blue-suiters.

These concepts should begin shaping curriculum at our technical schools and managing the assignment actions of our junior airmen. This is the type of work development teams will be doing, across all

career areas, which will result in vectors provided to curriculum developers and assignment teams.

One of the key differences in Force Development is that it is an AF model spanning all career fields and all facets of the Total Force. It will require everyone in the development process to understand and reinforce the key concepts. Even though the AF will be investing in additional education and training opportunities to implement Force Development, the key to its success will be the hands-on mentoring done in the field.

As supervisors and mentors, we should embrace, epitomize and teach AF leadership and the AF way of life. The glue that will ensure successful deliberate development will be common core values and common leadership practices grounded in a holistic AF perspective.

So what does it mean to you? Regardless of where you are on the development continuum, you are an active participant and, most likely, a supervisor and mentor to others. If all of us, from the most junior to the most senior, could simply invest in our airmen, especially our immediate subordinates, we would go a long way in ensuring our continued global superiority as an Air Force.

Help your troops gain their technical expertise while teaching them how their piece connects with the larger AF mission. Help them to understand the unique capabilities of the AF, live our core values, and nurture a thirst for continual learning that will increase their utility in meeting future AF needs.

Force Development isn't a personnel program. It's about how you and I – all of us – will help meet the Air Force's current and future mission needs.

U.S. military troops: fighting to win ‘the away game’

By Brig. Gen. Arthur Rooney Jr.
82nd Training Wing commander

SHEPPARD AIR FORCE BASE – In October, like many of you, I was riveted by the World Series. The Florida Marlins and New York Yankees both played magnificently, with Florida gaining the crucial win in New York to become the World Champions.

During the series, the Marlins had to win an “away game” to secure the overall victory. This is no easy task in New York. The Yankees have raving fans and are tough to beat at home. In many sports the home-field advantage is considered to be the incalculable factor between victory and defeat.

The Marlin's win in New York made me think of the thousands

of troops who are currently fighting America's “away game.”

On Sept. 11, 2001, the United States was hit on its home field. Since then, we've launched the global war on terrorism, routing Taliban fighters, terrorist cells and, most recently, the Iraqi regime. This war is deadly serious, not sports competition, but there are some parallels.

Our forces have been waging a relentless campaign on our opponents' fields, cities and deserts in order to ensure the American people never again have to worry about terrorists who would try to harm our way of life. Unlike baseball, we fight over there so we'll never again have these opponents at our home.

Our men and women in

uniform depend on the support of their family, friends and fellow citizens for the most important two words anyone in uniform can hear: “Thank you.”

Like the fans cheering their team, I know the support of our community can rally spirits and lift our military team to achieve many victories. Although there will be setbacks, we must remain committed to our ultimate goal: the successful defense of our ideals.

Every time I hear a media outlet question the job our troops are doing, I get a report of yet another act of great courage, kindness and generosity. Recently, airmen from the 380th Air Expeditionary Wing donated more than \$5,000 in supplies to a school in Kirkuk. No other

military in the world tries as hard as we do to not only win wars, but to win the peace. Our fighters are doing an incredible job. To put it in sports terms, they are world champions.

Every day, however, we're reminded this is not a sport. We have and will lose brave freedom fighters. Their sacrifice has made our country and the world a safer place for all of us to live.

During the upcoming holiday season, take a moment as you enjoy a football game or a gathering with family and friends to remember those who are serving at home and abroad, those who have served in the past and those who have made the ultimate sacrifice.

Take the time to say “thank you” to our troops. They're serving at the “away game” so we'll all be safe at home.



Col. Dan Woodward
47th Flying Training Wing commander

Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the

general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES 298-3176
Accounting and Finance 298-5204

Civil Engineer	298-5252
Civilian Personnel	298-5299
Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Newslines

Volunteers needed

The Life Skills Support Center is looking for volunteers to become part of its Critical Incident Stress Management Team. The center is looking for people who are familiar with CISM and have had prior training.

The CISM team provides peer counseling to people who have been exposed to traumatic events, allowing them to cope more effectively with the stress related to that event. It is not professional counseling and only requires that team members have a genuine concern for a person's well-being.

Refresher training will be provided in the clinic's training room from 8 a.m. to noon Dec. 3.

Contact Tech. Sgt. Robert Lingley or Capt. William Moore at 298-6422 for more information or to volunteer for this opportunity to serve the base community.

Road closures announced

The 47th Civil Engineer Squadron is installing basewide security enhancements at numerous locations. The work will continue for the next several weeks.

This will increase force protection but will cause a temporary inconvenience with various temporary closures of roads, drives and parking entrances.

The next closures are:

- Flight line access from Arizona and Iowa avenues now through Monday.
- Flight line access by building 405 Monday through Dec. 7.
- In front of building 507 Monday through Dec. 7.
- Flight line access by building 195 Wednesday through Dec. 8.

For more information, call 298-5061.

Call to trap skunks

Anyone who sees a skunk on base should call the 47th Civil Engineer Squadron customer service desk at 298-5489 and report the skunk's location.

Entomology technicians will try to capture the skunk by setting traps. When skunks are captured, they are released off base without harming them.

A-76, from page 1

Previous A-76 competitions have resulted in better ways to do business. Whether the government or private sector is chosen to provide the service, there has been a reduction in cost averaging between 30 to 40 percent.

People at locations receiving services from an organization that was converted to contract can expect no change in the level of customer service or loss in capability. The A-76 study is not about doing "less with less"; it is about providing the same amount of service in a more efficient

manner.

For those military and government civilians freed up through the A-76 process, there are several options.

The Air Force does not ask military members to resign from the Air Force. They are first offered reassignment to another location. In situations where there is excess manning in a career field, they will have the opportunity to retrain into another career field. The ideal situation for military members is to move them to another position at the same installation or to another base that is undermanned in their same career field.

Government civilians affected by

A-76 are offered placement assistance at the same base, if possible, or at another government location. They also have the right of first refusal – choosing to leave civil service and work for the contractor.

At Laughlin, an A-76 study in 1989 resulted in the Air Force's first all civil service aircraft maintenance directorate. Another study in 1996 resulted in base operating support functions, such as base supply, transportation, and the civil engineer operations flight, being contracted out to the private sector.

At the present time, no A-76 actions are scheduled for Laughlin.

Did you know?

- The Office of Management and Budget Circular Number A-76 establishes federal policy for the competition of commercial activities.
- The longstanding policy of the federal government has been to rely on the private sector for needed

commercial services. To ensure the American people receive maximum value for their tax dollars, commercial activities should be subject to the forces of competition.

■ In accordance with the circular, agencies shall:

■ Identify all activities performed by government personnel as either com-

mercial or inherently governmental.

■ Perform inherently governmental activities with government personnel.

Use a streamlined or standard competition (A-76 Directive Guidance) to determine if government personnel should perform a commercial activity.

Liaison, from page 1

seniors who are interested in the AFA who haven't applied yet. The deadline is Dec. 31. In the spring, she will start talking to the junior class.

"I want to re-energize the program and really get into the school," she said. "My plan is to visit advanced placement and honors classes and meet with counselors to give them any information they may need."

She also emphasized that home-schooled and privately schooled students are eligible to apply to the AFA, but must go through a different process.

"The most important thing is to get the information out there," she said. "I'm going to go talk to students in the 8th grade and tell them it's not too early to start thinking about it."

Because the AFA is looking for well-rounded individuals, Lieutenant Schoch will talk to students about what the AFA is looking for in a prospective student.

"The Academy doesn't just look

at academics," she said, "but the individual as a whole ... things like sports, extracurricular activities, leadership roles, job responsibility, while still having a strong academic background."

The AFA receives more than 12,000 applications a year and accepts only approximately 1,000. These numbers may sound intimidating to some students, but it is also possible to get accepted into one of the Academy's two preparatory schools – something Lieutenant Schoch knows about firsthand.

"When I speak to the students, I'm going to start off with my own personal example of how I got into the Academy," she said. "When I was in high school, I had a counselor who told me not to apply to the Academy because I would never make it. He said I wouldn't even be able to get into ROTC and that I would probably just go to a junior college."

This negative criticism actually motivated Lieutenant Schoch to apply to the Academy, and although she didn't initially get accepted, she did get

placed into one of the prep schools, which led to her getting into the Academy the following year. She feels her story of persistence may motivate students in a positive way, unlike her negative counselor from high school.

Even though her primary mission is to recruit for the Academy, she said she is ready to help students with any military question they may have.

"I'm just dealing with one school," she said. "If I meet a student who doesn't want to go to the Academy, but is interested in becoming an officer or just joining the Air Force, I can help them. As liaison, I have to understand the commissioning and enlistment processes of the Air Force. My role is to be an advocate of the Air Force."

For more information, contact
1st Lt. Paula Schoch at 298-5304.
Air Force Academy:
www.usafa.af.mil
Admissions to AFA:
www.academyadmissions.com
ROTC: www.afrotc.com

ONLINE news

Access breaking news at United States Air Force Online News, the official newspaper of the United States Air Force. A simple click to www.af.mil/news/ keeps you informed about events.

Bush signs defense authorization act

Bill authorizes \$401.3 billion for fiscal 2004

By Jim Garamone
American Forces Press Service

WASHINGTON – Calling it a landmark piece of legislation that sends the clear message that “Americans stand with the United States military,” President George W. Bush signed the fiscal 2004 National Defense Authorization Act in a Pentagon ceremony here Monday.

A bipartisan group of legislators and Department of Defense civilian and uniformed leaders attended the ceremony.

The act authorizes DoD to spend \$401.3 billion in the fiscal year that began Oct. 1.

“We will do all it takes to keep our military strong, to keep the peace and to keep the American people secure,” President Bush said.

The money is in addition to the \$87 billion supplemental bill passed in early November.

“The war on terror is different than any war America has ever fought,”

President Bush said. “Our enemies seek to inflict mass casualties without fielding mass armies. They hide in the shadows, and they are often hard to strike. The terrorists are cunning and ruthless and dangerous, as the world saw on Sept. 11, 2001, and again in Istanbul last week.”

But the terrorists now are facing the United States and its allies, “and this threat to civilization will be defeated,” President Bush said.

The new threats mean the U.S. military must be fast, smart and agile, President Bush said.

“Right now, America’s armed forces are the best-trained, best-equipped and best-prepared in the world, and this administration will keep it that way,” he said.

The legislation supports the force with an across-the-board pay raise that averages 4.1 percent, President Bush said. It extends the current payment of \$225 and \$250 per month for hazardous duty/imminent danger pay and separation pay. It reduces housing costs for those living off base, and it keeps up the robust bonus-pay program that has served the all-volunteer force so well.

“Those who risk their lives for our liberty deserve to be fairly paid and fairly treated, and this bill keeps those commitments,” President Bush said.

The legislation helps America remain prepared and fully equipped for unseen challenges. “In our new struggle, challenges can emerge suddenly, and so we must always be ready,” President Bush said.

The bill fully funds operations and maintenance accounts and amends some environmental laws that had an adverse effect on realistic training for America’s military.

“The Congress has authorized the full \$9.1 billion that I requested for ballistic-missile defense,” President Bush said. “The spread of ballistic-missile technology, along with the spread of weapons of mass destruction, is a terrible danger to America and the world. We must have the tools and the technologies to properly protect our people.”

Secretary of Defense Donald H. Rumsfeld called the legislation “transformational.” The president agreed.

“This bill also advances the vital work of transforming the personnel system for civilian defense workers so we can put the right person in the right job to meet the challenges we face,” President Bush said.

The department’s nearly 700,000 civilian workers have been laboring under “a cumbersome, inefficient system designed for another century,” President Bush said.

The National Security Personnel System gives DoD managers the flexibility to place civilian workers where they are most needed without needless delay, President Bush said. The bill reduces the time it takes to hire new people, introduces pay-for-performance bonuses and streamlines the promotion process.

“These are landmark reforms – the most ambitious of their kind in a quarter of a century,” the president said. “To win the war on terror, America must fully utilize the skill and talents of everyone who serves their country, and this bill will help us achieve that goal.”

President Bush said everyone associated with the Defense Department is involved in a great and historic task.

“And the stakes for our country could not be higher,” he said. “We face enemies that measure their progress by the chaos they inflict, the fear they spread and the innocent lives they destroy.”

“America’s military is standing between our country and grave danger,” President Bush said. “You are standing for order, hope and democracy in Afghanistan and Iraq. You’re standing up for the security of all free nations and for the advance of freedom. The American people and your commander in chief are grateful.”

Academy cadet named Rhodes Scholar

U.S. AIR FORCE ACADEMY, Colo. – An academy senior added a Rhodes Scholarship to her growing list of accomplishments Saturday.

Cadet 1st Class Delavane Diaz was one of 32 U.S. citizens who will take post-graduate degree courses at the University of Oxford, in Oxford, England.

Cadet Diaz, who was also an Academic All-District Team volleyball player and Marshall Scholarship finalist, excels academically, athletically and militarily, officials said.

She was commander of

the academy’s cadet wing during the second summer session, managing the day-to-day operations of 4,000 cadets during basic cadet training and the academy’s other summer training programs.

The Tampa, Fla., native also earned a 3.80 grade-point average in astronautical engineering while leading the Mountain West Conference in kills per game as a member of the varsity women’s volleyball team.

Rhodes Scholars are chosen in a three-stage process. First, candidates must be endorsed by their college or uni-

versity. Selection committees in each state then nominate candidates who are interviewed by one of eight district selection committees.

Applicants are chosen on the basis of criteria set down in the will of Cecil Rhodes, a 19th-century British explorer and colonizer. These criteria are high academic achievement, integrity of character, a spirit of unselfishness, respect for others, potential for leadership and physical vigor. The characteristics are directed at fulfilling Rhodes’ hopes that the Rhodes Scholars would make an effective and positive

contribution throughout the world. As he wrote, Rhodes Scholars should “esteem the performance of public duties as their highest aim.”

Diaz was named a state finalist following interviews in Miami on Nov. 19, and continued the process Nov. 21 in Atlanta at the regional interviews.

The Rhodes Scholarships are the oldest international fellowships, bringing the best students from around the world to study at the University of Oxford, officials said. They began in 1902, with the first American Scholars

elected in 1904.

Rhodes Scholars study for two years at the University of Oxford in England. All educational costs are paid by the Rhodes Trustees. Each scholar receives an expense allowance during vacation time, as well as the cost of travel to and from Oxford.

Diaz is the 33rd cadet from the academy to be named a Rhodes Scholar. She will enter Oxford in October, almost exactly 100 years after the first class of American Rhodes Scholars did in 1904.

(Courtesy of Air Force Print News)

PALACE Acquire Internship program produces leaders

By Oscar Bocanegra
47th Mission Support Squadron human resources specialist

If you view change as a challenge, challenge as an adventure and adventure as a lifestyle, then the PALACE Acquire Internship Program may be for you.

Although the Air Force and Department of Defense have been downsizing to meet changes in the political, social and economic environment, the need to recruit and develop future leaders remains a top priority.

The PAQ is one of the Air Force's corporate recruitment and training programs for entry-level GS-7 and GS-9 developmental positions with target grades from GS-9 to GS-12. The purpose of these programs is to develop high-potential men and women in structured two- to four-year training programs as civilians who can deal effectively and ethically with change, com-

plexity and problem solving.

While in the program, interns will benefit from a fast track program that provides noncompetitive performance-based promotions. After successful completion of the internship program, employees are ready to compete for mid- and senior-level management positions.

Benefits offered by the program include health, life, retirement and generous vacation and sick days. In addition, qualifying interns may be eligible for 100 percent tuition assistance to complete a master's degree.

The PAQ program offers positions in more than 20 diverse occupations, including financial management, information management, public affairs, engineering, computers/communications, just to name a few.

To meet critical manning needs of key managerial positions or for professional and leadership development, an intern will be required to accept

assignments to other positions in different geographic locations during his or her career. Normally, these moves will be at government expense.

The majority of PALACE Acquire positions are filled under the Outstanding Scholar Program's eligibility requirements, but some positions have unique eligibility requirements as listed in each vacancy announcement.

To qualify for the Outstanding Scholar Program, individuals must meet one of the following conditions: minimum undergraduate grade point average of 3.45 on a 4.0 scale, or be in the upper 10 percent of an undergraduate class or a major university subdivision (i.e., the college of liberal arts or school of business).

For more information about these programs, visit www.afpc.randolph.af.mil/cp/recruit/paq.htm or www.afpc.randolph.af.mil/cp/recruit.

Prior PALACE intern tells his story

By Oscar Bocanegra
47th Mission Support Squadron human resources specialist

My career as a PALACE Acquire intern in the Air Force has been rewarding. The well-structured formal classroom and on-the-job training have allowed me to become knowledgeable in different specialties within the Civilian Personnel Flight (CPF). The classroom training funded by the PAQ has provided skills that continue to improve the quality, efficiency and effectiveness of my work and service to customers.

The annual PAQ conference, held in San Antonio, is a great way to meet all interns assigned to installations throughout the nation. During our meetings, we are able to learn about each installation's mission as well as exchange information as to what unique programs have proven to be successful at each installation.

The PAQ program provided 100 percent tuition assistance to complete my master's degree, a great benefit for which I always will be thankful.

The Laughlin CPF is very supportive of my training. All staff members understand the goal of the program and are very willing to provide all required training. The trust and confidence they place in me as an employee have improved my sense of responsibility and dedication. All assigned tasks or projects have helped me grow personally and professionally over the past two years.

I am very thankful and proud to be part of a great team such as the PALACE Acquire, the Laughlin CPF, and, most importantly, the U.S. Air Force.

Local cadets visit pilot graduation

By Airman 1st Class Yvonne Clark
Staff writer

Four Del Rio High School Junior ROTC cadets attended the Specialized Undergraduate Pilot Training graduation ceremony here Nov. 21 as part of a new base outreach program.

The initiative, the idea of a base member, was implemented to provide JROTC cadets the opportunity to view pilot graduation ceremonies firsthand.

Belia Stewart, 86th Flying Training Squadron administrative assistant, said she took the idea to the wing commander because cadets could benefit from the ceremony just as much as the Air Force could benefit from their interest.

"I feel that someday we will see Del Rio High School students come back as students in SUPT,"

she said. "The Air Force will always need people to join. By exposing the students to the Air Force, maybe we will encourage some to join."

Retired Lt. Col. John Wurmstein, JROTC instructor, said the initiative is a fantastic motivational tool for cadets interested in joining the military.

"Our cadets are motivated to begin with, but this additional motivation is something they'll look forward to," said Colonel Wurmstein. "[The ceremony] provides insights into the military, not just from the point of view of flying, but also to see what the military does."

Del Rio High School senior, Cadet John Paul Duman, JROTC deputy group commander, said his aspirations of becoming an Air Force pilot grew stronger after attending the graduation ceremony.

"It was very impressive," said Cadet Duman. "I liked the part when the pilots [received] their

wings, and there was a slideshow in the [background] showing the aircraft they're going to fly. I've always wanted to be a pilot, but this pushed me even further, so I hope to be up there one day."

Cadet Duman said he believes the graduations can help the corps understand the motivation, discipline and self-control it takes to become an Air Force pilot.

"Everyone should go to [a ceremony], whether they want to be a pilot or not," he said.

According to Colonel Wurmstein, about 40 percent of the entire Del Rio corps, which consists of about 250 cadets, will enlist directly after high school or receive a commission after college.

One of the JROTC seniors, Marc Cardenas, said although he plans to become a Judge Advocate General officer, he found the ceremony to be beneficial because he was able to witness a traditional Air Force pilot graduation.

"I think the graduations could [encourage] a lot of people to join the Air Force," he said.

Reserve and Guard receive unlimited commissary benefits

The Department of Defense announced Monday that with the president’s signing of the National Defense Authorization Act for Fiscal Year 2004, effective immediately, the following members and their dependents will be permitted unlimited access to commissary stores:

- Members of the Ready Reserve (which includes members of the Selected Reserve, Individual Ready Reserve and Inactive National Guard) and members of the Retired Reserve who possess a Uniformed Services Identification Card.
- Former members eligible for retired pay at age 60 but who have not yet attained the age of 60 and who possess a Department of Defense Civilian Identification Card.
- Dependents of the members described above who have a Uniformed Services Identification Card or who have a distinct identification card used as an authorization card for benefits and privileges administered by the Uniformed Services.

“Instructions have gone out to all continental U.S. stores informing them that reservists now have unlimited shopping and telling store managers how to welcome members of the National Guard and Reserve to the full use of the commissary benefit,” said Patrick Nixon, deputy director of the Defense Commissary Agency. “Commissary shoppers will begin to see banners saying ‘Welcome Guard and Reserve to Full Time Savings,’ along with other events recognizing these new full-

time shoppers.”

Guard and Reserve members were authorized only 24 commissary shopping days per calendar year until today when the president signed the National Defense Authorization Act, which contained provisions eliminating the restrictions. Commissaries have immediately adopted the new provisions, which means Guard and Reserve members will no longer have to present a Commissary Privilege Card when they shop.

“I want to thank Congress and the Department of Defense for their efforts in bringing the commissary shopping privilege to the total force,” said Mr. Nixon. “The Congress included unlimited commissary benefits in the National Defense Authorization Act thus making full time shopping possible for the men and women who serve their nation in the National Guard and Reserve.”

Mr. Nixon noted that special thanks should go to Charles Abell, principal deputy under secretary of defense for personnel and readiness. Abell acted decisively and immediately in providing interim authority for the Reserve component to have full-time commissary shopping just in time to take advantage of holiday savings.

For more information about the Defense Commissary Agency, see their Web site at www.commissaries.com/.

(Courtesy of Air Force Reserve Command News Service)

Read
Airman
Magazine
online at
www.af.mil/newsairman/indxflas.html

Please recycle this newspaper

Chapel information

Catholic

- Monday - Friday ● Mass, 12:05 p.m.
- Saturday ● Mass, 5 p.m., Reconciliation, 4:15 p.m. or by appointment
- Sunday ● Mass, 9:30 a.m., Religious Education, 11 a.m.
- Thursday ● Choir: 6 p.m., Rite of Christian Initiation, 7:30 p.m.

Protestant

- Wednesday ● Choir, 7 p.m.
- Sunday ● General worship, 11 a.m., Contemporary worship, call 298-7073

Chaplain Staff

- Wing chaplain: Chap. (Lt. Col.) Joseph Lim, Roman Catholic
- Senior Protestant: Chap. (Capt.) Terri Gast, Presbyterian Church, USA
- Protestant: Chap. (Capt.) Alex Jack, Independent Christian Church
- Protestant: Chap. (1st Lt.) Kenneth Fisher, Evangelical Church Alliance

For more information on other denominations, chapel events or services, call 298-5111.

Shop the commissary,
the military’s premier benefit



Photo by Airman 1st Class Timothy J. Stein

One for the road...

Yun Ling pours a cup of espresso for a customer at Khan's Empire Monday. Khan's Empire is a new espresso shop located next to the Base Exchange. The shop is open from 6 a.m. to 7 p.m. Mondays through Fridays, 9 a.m. to 5 p.m. Saturdays and noon to 5 p.m. Sundays.

Aerospace physiology:



(Above) 2nd Lt. Jeff Cameron, Specialized Undergraduate Pilot Training class 05-02 student pilot, shoots 9 feet in the air while experiencing seven Gs (seven times the force of gravity) within seconds in the MH-15 trainer. The trainer simulates the pilot ejecting from an aircraft.

**Story and photos by
Airman 1st Class
Yvonne Clark
Staff writer**

While being spun in a chair and parasailing hardly sound like intense pilot training exercises, they are just a couple of techniques aerospace physiology experts use to help train the world's best pilots.

Within the first eight and a half days of pilot training, students become familiar with air and ground survival training through an array of hands-on and classroom exercises.

"Pilots start their training with us – this is their first stop," said Tech. Sgt. Dora Caniglia, 47th Aero-medical Squadron administration NCO in charge.

The foundation of pilot training, aerospace physiology, teaches student pilots

the basics. "Aerospace physiology is important at a pilot training base because all the training deals with life or death situations," said Sergeant Caniglia. "This is where pilots learn how they are going to survive should they have to eject out of their aircraft."

While students spend the majority of the time receiving classroom instruction, they also receive a variety of hands-on training exercises.

Some of the hands-on survival training includes Barany chair exercises, which demonstrate spatial disorientation and how the body can be fooled while in flight; parasailing, which allows the students to practice safe parachute landing fall procedures; and the altitude chamber, which allows the students to identify symptoms of

hypoxia, or lack of oxygen, and self-correct them.

"We demonstrate how to recognize, treat and overcome challenges such as hypoxia, decompression sickness and passing out due to improper anti-gravity maneuvers," said Sergeant Caniglia. "We have to make [the students] aware of the dangers of hypoxia. If they don't correct the symptoms right away, the next symptom could be them passing out. If they're flying alone, that could mean their lives."



(Above) A student pilot exercise to practice parachute landing fall. The students identify landing points.

(Left) Airman 1st Class Yvonne W. Clark, 47th Aero-medical Squadron apprentice, takes a student pilot through the Barany chair. The chair allows students to understand the different physiological effects during flight.

(Right) Senior Airman Chris Morlan, 47th Aero-medical Squadron, briefs the student pilots on the effects of altitude. The altitude chamber actually feels the different effects.



first in aircrew training

Although seven of the 13-person aerospace physiology team are first-term airmen, each is qualified to instruct the student pilots.

“Our main duty is to ensure pilots get the knowledge they need to succeed in the air as well as on the ground,” said Senior Airman Chris Morlandt, aerospace physiology journeyman. “This is the only place they are lectured on the different hazards associated with altitude and how to egress the aircraft in a timely manner, whether in the air or on the ground. There are many hazards ‘up there’ that could

cause a pilot to become incapacitated. It is our job to ensure they know the combative techniques to overcome such obstacles.”

In addition to teaching the student pilots how to handle air hazards, they also learn ground rescue techniques such as using flares or a signaling mirror. Other ground survival methods taught include building shelters, procuring food and starting a fire.

“This is probably one of the best jobs in the Air Force,” said Sergeant Caniglia. “It’s rewarding to see the results of your training.”

Sergeant Caniglia said helping students get through airsickness and eventually graduate is most rewarding.

“That’s when you know you accomplished your mission.”



(Above) Airman 1st Class Sadek Brandford, aerospace physiology apprentice, ensures 2nd Lt. Todd Deshler, student pilot, properly straps into the T-37 ground egress trainer. The trainer allows the students to learn how to handle ground emergencies.

ot performs a parasailing e landing falls. The exercise helps points of contact to avoid injuries.

e Watkins, aerospace physiology ilot for a spin in the Barany chair. the students to iological effects that might occur

rlandt, aerospace physiology jour- lots on how different altitudes can de chamber allows the students to cts.



Students welcome back ‘Baghdad Buddie’

Major kept in touch with school during deployment

By Army Sgt. 1st Class
Doug Sample
American Forces Press Service

WASHINGTON – Fourth-grade students Allison Foster and Rebeca Reyes, both 9, said they were sad to see the military go off to war in Iraq. Reyes said she really did not know much about the war, other than what her mother told her: “That my grandpapa was in the last one.”

However, on Nov. 21 any sadness the two shared about the war turned to smiles when the “Air Force-Army guy” entered the room. The students often confuse his service branch, but there is no problem distinguishing who Maj. Mike Lundy is. Major Lundy is a hero in the halls of Bren Mar Park Elementary School in the Virginia suburbs of Washington.

He had come to know the school and its students through the school’s Read Across America Program – a national education program that motivates children to read. Lundy would visit the school every other month where he would read aloud to students and vice versa.

Then he deployed to Iraq for four months in July and returned home in early November. He came to Bren Mar Park on Nov. 21 as a special guest at the school’s monthly award assembly.

Foster and Reyes were among more than 100 students, parents and teachers on hand to welcome Major Lundy. The two students had written e-mails and letters to Major Lundy seven times while he was deployed. He responded, telling them he caught a few scorpions and snakes and how much he missed pizza and being at home with his family. Major Lundy, chief of public health at Bolling Air Force Base, Washington, served in Iraq with the 11th Medical Group.

When students learned Major

Lundy was deploying, Margaret Panik, Bren Mar’s Student Council Association adviser, said many students became worried and asked if they could send letters to Major Lundy while he was away. She soon organized the “Baghdad Buddies” program as a way for students to keep in touch with Major Lundy. She would help round up the e-mails from students each day, often taking them by dictation, to send to Major Lundy in Iraq.

“We thought this was a way for the students to know if he was O.K., to be pen pals,” she said. “The students were thrilled beyond compare to take part in the program. They were excited to know what was happening over there. They felt like they could be part of what was happening in the news. They watched the situation in Baghdad a little more closely, than had they not known anyone over there.”

Major Lundy said shortly after his arrival in Baghdad the correspondence, mostly e-mails, came pouring in.

“When I got the letters, there must have been at least 20 or more,” he said. He said he knew he could not respond to them all, so he distributed some to members of the group there. Ironically, Major Lundy found out one group member actually attended the Bren Mar Park school years ago.

The students wanted to know everything, Major Lundy said.

“They wanted to know what it was like, where we slept, what was the food like, what we missed the most,” Major Lundy said. “They wanted to know if we had television, what we did during the day. They were basic questions, but they asked basically good questions.”

Students always asked if the unit was safe, or “if anyone in the unit had been hurt,” Major Lundy said. He said although no one in his unit was injured during the deployment, he was taken aback by that question, because it showed just how much the students “were concerned about us.”

The students were concerned so



Photo by U.S. Army Sgt. 1st Class Doug Sample

Maj. Mike Lundy talks with a few of his “Baghdad Buddies” in the hallway at Bren Mar Park Elementary School after a brief ceremony Nov. 21 welcoming him home from Iraq. He was deployed to Baghdad for four months with the 11th Medical Group. He is the chief of public health at Bolling Air Force Base, Washington.

much because Major Lundy had made such a positive impression on them, Ms. Panik said.

“When he left, they were actually afraid for him,” she said.

Besides letters and e-mails, Major Lundy said the students sent packages too – “cookies and personal-care items, like shampoo and baby wipes, the standard deployment stuff. We used that stuff up in a couple of weeks.”

During his remarks at the assembly, Major Lundy told students the letters they had sent helped give the 11th MDG members a positive attitude while they were deployed. And he told them having a positive attitude was something he learned in elementary school.

“One thing I learned is to always have a good, positive attitude,” Major Lundy said. “Whether you

are at school, or whether you are at work, or whether you’re deployed to a combat zone, your attitude makes all the difference – not only for you but for those around you.”

He told the students that when they find themselves in bad situation, it does no good to complain.

For their support and appreciation, Major Lundy gave the students a U.S. flag that had been flown over Baghdad International Airport. In return, the students presented Major Lundy with a card signed by all Baghdad Buddy students, a certificate from the school and the one food he had missed the most while deployed – a pizza.

Ms. Panik said she plans to continue the Baghdad Buddies program with airmen at the 11th MDG until “they all come home, or at least until they get tired of us.”

The *XLer*

Airman 1st Class Amanda Ritter
47th Operations Support Squadron

Hometown: Saint Petersburg, Fla.
Family: Husband, Garrett
Time at Laughlin: One year, six months
Time in service: Two years
Greatest accomplishment: Becoming an air traffic controller
Hobbies: Sleeping and hanging out with friends
Bad habit: Shopping too much
Favorite movie: “Willy Wonka and the Chocolate Factory”
Favorite musicians: The Eagles and Kenny Chesney
If you could spend one hour with any person, who would it be and why? My grandfather who passed away when I was four. He did a lot of great stuff and he was admired by many people.



Photo by Airman 1st Class Timothy J. Stein



Laughlin Salutes

AETC winners:

Outstanding Civil Engineer Manager of the Year (civilian category):
■ Vic Alba, 47th Civil Engineer Squadron
Major General Eugene A. Lupia Award:
■ Staff Sgt. Jason Filasky,

47th CES

Supplemental promotion:

To technical sergeant:
■ Staff Sgt. Traci Wilmoth, 47th Medical Operations Squadron

Aviation resource manager wins week

Last week, Airman 1st Class Brenna Gorney, 85th Flying Training Squadron aviation resource management, won the weekly prize by picking 12 of 16 games correctly. Other contestants picked 12 games correctly but Airman

Gorney beat them in the tie breaker by being closer to the total score on Monday’s game.

To enter the weekly contest, individuals can put their names in contest boxes located at various Services locations for a chance to forecast win-

ners of weekly NFL football games in the Border Eagle.

Drop boxes are located at Club XL, Club Amistad, Cactus Lanes, Silver Wings and the Chaparral Dining Facility.

Weekly winners may call Andrew Furman at Club XL at 298-5134 to

claim their prize.

Prizes include a free round of golf or lunch at the club.



Airman Gorney

Games:	Capt. Kevin Mullins	Command Chief Master Sgt. Ted Pilihos	Airman 1st Class Anna Mayo	Airman 1st Class Aaron Baccus	Scott Kline
G.B. at Det.	Green Bay	Green Bay	Green Bay	Green Bay	Green Bay
Mia. at Dal.	Dallas	Miami	Miami	Miami	Miami
S.F. at Bal.	San Fransico	Baltimore	Baltimore	Baltimore	San Fransico
Phi. at Car.	Carolina	Philadelphia	Carolina	Philadelphia	Philadelphia
Ariz. at Chi.	Chicago	Arizona	Chicago	Arizona	Chicago
Atl. at Hou.	Atlanta	Atlanta	Atlanta	Atlanta	Houston
N.E. at Ind.	New England	Indianapolis	Indianapolis	New England	Indianapolis
Buf. at N.Y.G.	Buffalo	New York Giants	Buffalo	Buffalo	Buffalo
Cin. at Pitt.	Cincinnati	Pittsburgh	Cincinnati	Cincinnati	Cincinnati
Minn. at St.L.	St. Louis	Minnesota	St. Louis	St. Louis	Minnesota
N.O. at Wash.	Washington	New Orleans	Washington	Washington	Washington
Den. at Oak.	Denver	Oakland	Denver	Denver	Denver
K.C. at S.D.	Kansas City	Kansas City	Kansas City	Kansas City	Kansas City
Cle. at Sea.	Seattle	Seattle	Seattle	Seattle	Seattle
T.B. at Jax.	Tampa Bay	Tampa Bay	Tampa Bay	Tampa Bay	Tampa Bay
Tenn. at N.Y.J.	Tennessee	New York Jets	Tennessee	Tennessee	Tennessee

AETC headquarters adopts ‘Fightin’ Fit’ regimen

By 2nd Lt. Amber Millerchip
Air Education and Training
Command Public Affairs

RANDOLPH AIR FORCE BASE – As the global war on terrorism continues, the nation demands physically fit airmen who can fight and win America’s wars.

As such, senior Air Force leaders have directed a culture change in which boosting physical fitness is an appropriate on-duty military activity versus an ad hoc chore attempted before, after or in between “normal work” – or in many cases, something that is simply neglected.

To encourage a fitness mindset, Gen. Don Cook, commander of Air Education and Training Command, started an on-duty physical fitness program called “Fightin’ Fit.” The pro-

gram consists of a group conditioning run or walk twice a month for the entire AETC headquarters staff as part of an overall program of three workouts a week.

“Because our mission is to provide trained forces to the combat Air Force, physical fitness readiness is especially important in AETC,” General Cook said. “Fitness starts here and must become a honed tool to bring to the fight.”

Improved fitness leads to increased job performance, so while the time spent on calisthenics decreases time in the office, it actually increases productivity, said Col. Russell Eggert, AETC Health Promotions Branch chief.

“Exercise increases people’s ability to withstand physical and mental stresses that could negatively impact

the mission,” Colonel Eggert said.

Since supervisors within Headquarters AETC also regard the “Fightin’ Fit” physical fitness program as “normal work”, they manage the workload and daily schedule to ensure time is available to meet physical fitness training initiatives. As such, they do not simply extend duty hours to accommodate workouts, but fit exercise into the daily routine.

Our nation demands men and women who are able to fight and win wars in the most horrific environments imaginable.

Therefore, the men and women at Headquarters AETC balance workload with fitness requirements, to ensure fit-to-fight airmen are ready to maintain the world’s most respected air and space power! Not a bad benchmark to copy.

Intramural
flag
football
standings

Eastern Conference

Team	W-L
LCSAM	8-3
87th	7-2
86th	6-4
OSS	5-5
84th/85th	0-7 (out)

Western Conference

Team	W-L
MDG	9-1
CES	5-5
LSI	5-6
MSS	1-10



Fitness Fact:

Did You Know? If you smoke one pack of cigarettes per day, and you quit smoking today, you could save approximately \$65,700 that you would have spent on cigarettes. That money would be worth quite a bit more in a savings account.